



Wounded Spirits, Ailing Hearts

PTSD and the Legacy of War Among
American Indian & Alaska Native American Veterans

Videos and Manual were produced: 10/2000

Wounded Spirits, Ailing Hearts Training Manual

This manual is to help practitioners understand the unique needs present when dealing with a specific ethnocultural group, in this case, Native Americans. This Training Manual was created to accompany the Wounded Spirits Ailing Hearts videos for health care providers and clinicians, but can be used with or without the accompanying videos. Please use below to access the videos.

The online manual provides information on the following topics:

- Knowledge regarding the impact of PTSD specific to the American Indian and Alaska Native Veteran
- Cultural approaches and suggestions for treatment
- A description of Native Americans and Military Service
- A definition of Posttraumatic Stress Disorder, how it is diagnosed, and its impact
- ☐ Information on available services and barriers to care
- Traditional healing methods information
- The role of other health and mental health care providers in care

A particular goal of this manual is to help teach practitioners to provide culturally competent care and it takes the user through a cultural formulation of a clinical case of PTSD. These ideas can be adopted for use with members of other ethnocultural groups.

Videos related to the Manual are available on the website for these audiences:

- ☐ [General Audience](#)
- ☐ [Native American Veterans and their Families](#)
- ☐ [Mental Health Care Providers](#)
- ☐ [Health Care Providers](#)



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